

Good Morning!

Chilled Juices

Orange, Grapefruit, Prune, Tomato, V-8, Pineapple, Apple or Cranberry
\$1.95

♥Freshly-Squeezed Orange Juice
\$3.95

♥Low-Fat Cottage Cheese, ♥Low-Fat Flavored Yogurt
*4 oz. Bowl \$2.95 8 oz. Bowl \$3.75

♥Chilled Grapefruit or Prunes
\$3.95

♥Fresh Fruit
Fresh Fruit Plate \$8.50

*♥Cold Cereals

Special K, Corn Flakes, Raisin Bran, Frosted Flakes, All-Bran,
Shredded Wheat, Rice Krispies, and Cheerios
\$2.75

Hot Cereals

♥Homemade Oatmeal \$3.25
Homemade Oatmeal of the Day \$3.95
*Small side dish \$2.75

♥Low-Fat Adirondack Mueslix

A Cold Oatmeal Cereal of Skim Milk, Low-Fat Yogurt, Honey and Fruit
*4 oz. Bowl \$4.25 8 oz. Bowl \$7.25

Homemade Granola

Served with Cream, 2% Milk or Skim Milk
\$5.95

Beverages

Freshly-Brewed Special Roast for the Mirror Lake Inn Regular or Decaffeinated Coffee,
Lipton Tea, 2% Milk, Skim Milk or Hot Cocoa - \$2.00
Harney & Sons Silk Sachet Herbal Teas - \$3.00
Iced Tea or Lemonade - \$2.00
Cappuccino \$3.50 Espresso \$3.00

*Side Orders

Toast, Bagel, English Muffin - \$2.50 With Cream Cheese - \$2.95
Home-Baked Bran Muffin (2) - \$2.25 Home-Baked Fruit Muffin - \$2.75
Bacon, Ham or Sausage - \$3.00 Home Fries - \$2.50

Ask about our Homemade Jam of the week!

***Meal Plan Guests may choose a juice or fruit plate, entrée, *side order and beverage.**

~Breakfast Entrees~

Mirror Lake Inn Style "Eggs Benedict"

Two Poached Eggs atop Canadian Bacon on a Toasted English Muffin Topped with a Boursin Cheese Sauce
Served with a Side of Home Fries
\$13.95

Scramble Delight

Sliced Roasted Red Peppers topped with Two Eggs Scrambled Mixed with Cream Cheese and Fresh Chives
Finished with Crispy Potato Hairs Served Your Choice of Toast, Bagel or English Muffin
\$11.95

stuffed French Toast

Vanilla Cream Cheese Stuffed French Toast Drizzled with a Raspberry Sauce
Served with Pure Adirondack Maple Syrup
\$12.95

Crepes

Cream Cheese, Caramelized Banana and Blueberry Filled Crepes Accompanied by a Warm Toffee Sauce
\$12.95

Whole Wheat Flapjacks

Whole Wheat Flapjacks topped with an Orange and Honey Marmalade
Served with Pure Adirondack Maple Syrup
\$13.95

Belgian Waffle

Served with Fresh Berries
\$12.95

The High Peaks

Two Mirror Lake Inn Flapjacks with One Egg Any Style
Served with Pure Adirondack Maple Syrup and a Choice of Bacon, Sausage, or Ham
\$14.95

♥Ployes

A Healthy Alternative

Nutritious Buckwheat Flapjacks (No Fat, Cholesterol, Sugar, Eggs, or Butter)
Served with a Dried Fruit Compote
\$11.95

Mirror Lake Inn Adirondack Flapjacks

Light and Airy, Made from a Time-Tested Recipe. Served with Pure Adirondack Maple Syrup
\$11.95

Smoked Salmon

Served With Lightly Toasted Bagel, Red Onion and a Side of Chive Cream Cheese
\$10.95

Farm Fresh Cooked Eggs Any Style

2 Eggs Served with Toast, Bagel or English Muffin \$7.95
With Ham, Bacon or Sausage \$10.95
1 Egg Served with Toast, Bagel, or English Muffin \$5.95
With Ham, Bacon or Sausage \$8.95

Omelet of The Day

A Different Omelet Featured Daily. Served with Toast, Bagel or English Muffin
\$10.95
with Ham, Bacon or Sausage
\$13.95

Egg Whites and Egg Beaters are Available upon Request

♥The items marked with a heart are healthy, spa alternatives low in fat, cholesterol and void of unnecessary sodium and sugars

Please refrain from using Cell Phones